

IMEC (Marie Cobel) with "Friends"
December 29, 1984

Session 44: The Observer State of Being

Summary: If one wishes to remain in a state of total bliss, total balance then you have to seek this on a reality other than the Earth plane. The physical plane is created in opposites and its very existence is based on the light and the dark. One side of the opposite exists because of the dependency of the other and at no time is there stability.

The ability to become a true observer – where you have removed your concepts of opinions, judgments, thoughts, and feelings, where you have also removed your aspects of personality, your desire for individualization and self-preservation – these things are possible because you realize that you are not your body, not your opinion, not your personality or even your thoughts. You know this is true because you continue to exist even when these things are set aside. Your being is incorruptible and indestructible. You have found your core. You can move confidently with courage now that you know your inner truth. In the state of the observer, you have the ability to remove oneself from the body and the ego. You can step aside and observe your own actions, thoughts, and feelings so as to become self-reflective. The observer is an aspect that is developed.

The observer is free of the aspects and concepts of the Earth plane. The observer has no attachments to the Earth plane and thus it can observe the Earth plane as it would observe another reality. Having lost attachments then there is no desire to change, influence, or have a thought or feeling with what one observes. The observer is an aspect not composed of Earth energies and is therefore able to choose not to interact with the energies that enter its field. The observer with this capability is able to be free of the triangle of creation. New aspects are available to the being. For example, you could tune into the creative portion. You could tune into those people of the past and allow their energy to flow through and in so doing have the experience. By consciously doing this, the energies seek you out and you make the decision to have an interaction. Realize that the creation of desire sets into motion change and the attraction of those energies that will resonate with the energy you produce and project. For example, if you wish to paint artwork and then you desire to do something else your attention will go in another direction. When you take on an aspect then you will get not only the positive but also the negative of that aspect. This total expression cannot be avoided because in focusing only on the positive the negative may be expressed inappropriately.

The benefit of developing the observer aspect is to gain the perspective which is free of Earth plane concepts and energies. This gives you the perspective of seeing aspects in their totality – both positive and negative. The observer aspect has the perspective of a being which is not of the Earth plane and not composed of the aspects of personality or the concepts of feelings, thoughts, and opinions. When you leave the physical plane, the Earth plane aspects are attached to your being because they facilitate returning and interfacing with reality. But when you die physically these aspects are no longer needed. But they desire to exist and will express themselves in the need to return to the Earth plane to continue. The aspects will appear as guardians which will entice, frighten, or

manipulate you to return. Having developed the observer aspect you will recognize the physical aspects for what they are and be able to move beyond this point if you desire.

Report by Daniel Erickson
Edited by S. Solomon